Tools for Promoting Healthy Change

Lifestyle Medicine 2016
May 20–21
Boston, MA

Evidence-based strategies, tools, and techniques to effect healthier changes in patients (and ourselves), including diet, exercise, sleep, weight loss, and stress management

Advance your:
• Knowledge
• Skills
• Patient outcomes
• Self-care
• Medical practice

New Optional 1-Day Program on Healthy Aging

Register at LifestyleMedicine.HMSCME.com

Earn up to 26.50 AMA PRA Category 1 Credits™
Course Description

According to the World Health Organization, by 2020, two-thirds of all disease worldwide will be the result of lifestyle choices. Currently, the leading causes of death in the United States are lifestyle related: poor diet, lack of exercise, obesity, tobacco use, and overconsumption of alcohol. This course is designed to change your competence and performance-in-practice by increasing your knowledge of lifestyle medicine and helping you develop strategies to incorporate it into patient care, providing the newest science of nutrition, physical activity, and management skills. The course will focus on effectively counseling your patients to improve their overall lifestyle, including stress management, diet, and exercise. You will also have the opportunity to commit to improving your personal health practices so that you can serve as a better role model for your patients.

Learning Objectives

Upon completion of this course, participants will be able to:

- Recognize that lifestyle choices are the root cause of the majority of disease, death, and healthcare cost.
- Utilize evidence-based practices in health coaching to support initial behavior change and to sustain the new behavior.
- More effectively and efficiently counsel patients on the importance of lifestyle changes.
- Develop strategies to encourage patients to make and meet their new lifestyle goals.

Overview

Lifestyle Medicine

Lifestyle Medicine not only prevents disease, but is integral to the treatment of many noncommunicable chronic diseases:

- Type-2 diabetes
- Hypertension
- Cardiovascular disease
- Stroke
- High cholesterol
- Many cancers, including breast and colon
- Depression
- Anxiety
- Osteoarthritis
- Sexual health issues
- Dementia
- Osteoporosis
- Sarcopenia

Lifestyle Medicine for Older Adults

Highlights include:

- When, why, and how to leverage lifestyle medicine for older adults
- Osteoporosis: evidence-based lifestyle interventions
- How to assess risk and prescribe exercise
- Recommending meditation for older patients
- Successful vs. “normal” aging: 2016 benchmarks
- Exercise as a means to help depression, dementia, and anxiety

Course Directors

Edward M. Phillips, MD

Dr. Phillips is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School, and Chief of the Physical Medicine and Rehabilitation Service at the VA Boston Healthcare System. Director of the Institute of Lifestyle Medicine (ILM) at Spaulding Rehabilitation Hospital, he is also co-founder and co-director of the Lifestyle Medicine Education Collaborative (LMEd), dedicated to integrating Lifestyle Medicine into medical school curricula.

Elizabeth Pegg Frates, MD

Dr. Frates is Assistant Professor, part-time in the Department of Physical Medicine and Rehabilitation at Harvard Medical School, and Director of Wellness Programming at the Stroke Research and Recovery Institute at Spaulding Rehabilitation Hospital. She is also the co-author of Life After Stroke: The Guide to Recovering Your Health and Preventing Another Stroke, and two online Harvard Medical School CME courses on Lifestyle Medicine.
Dear Colleague,

Our daily work as healthcare professionals increasingly involves caring for patients with diseases that are ultimately caused by or exacerbated by poor diet, lack of exercise, stress, inadequate sleep, and smoking. Yet professional training does not sufficiently prepare us to leverage our position of trust to help patients initiate health-promoting behaviors. At the same time, we are seeing payment structures rapidly evolve to reward clinicians based upon our patients’ health behaviors and health outcomes.

These factors have given rise to an overwhelming demand for evidence-based lifestyle medicine practices that have been shown to reduce patient risk for chronic diseases. That is precisely what is offered at Lifestyle Medicine in 2016.

Some of the country’s most experienced and committed lifestyle medicine experts will offer cutting-edge research, accumulated knowledge, and hands-on methods to further your expertise in guiding your patients to healthier lives.

In this immersive program, you will learn proven practices, accrue state-of-the-art skills, and acquire take-home tools to enable your success in effectively and efficiently helping your patients adopt and sustain lifestyle behaviors that will improve their health and quality of life.

Prior course participants describe a renewed passion for practicing medicine and reduced personal stress as they themselves learn to pay attention to their own health and to serve as role models for their patients.

I look forward to seeing you in Boston in May.

Edward M. Phillips, MD

Founder and Director, Institute of Lifestyle Medicine
Attending Physician, Spaulding Rehabilitation Hospital
Assistant Professor of Physical Medicine and Rehabilitation,
Harvard Medical School

Who Should Attend
• Physicians
• Nurse Practitioners
• Physician Assistants
• Nurses
• Psychologists
• Social Workers
• Dietitians
• Educators
• Health Coaches
• Physical Therapists
• Occupational Therapists
• Residents
• Fellows

Register at LifestyleMedicine.HMSCME.com
## Agenda

### Thursday, May 19

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>7:00–8:00</td>
<td>Registration/Coffee</td>
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<tr>
<td>8:00–8:15</td>
<td><strong>Incorporating Lifestyle Medicine into Your Care of Aging Patients: When, Why, and How</strong></td>
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<td></td>
<td>Edward M. Phillips, MD</td>
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<tr>
<td>8:15–9:00</td>
<td><strong>Sarcopenia and Osteoporosis: Evidence-Based Lifestyle and Hormonal Interventions</strong></td>
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<td>Roger Fielding, PhD</td>
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<td>9:00–9:45</td>
<td><strong>Recommending Increased Levels of Exercise to Older Adults: How to Assess, How to Prescribe</strong></td>
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<td>Daniel White, PT, ScD, MSc</td>
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<td>9:45–10:15</td>
<td>Meditation and Networking Break</td>
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<tr>
<td>10:15–11:00</td>
<td><strong>Leveraging Exercise as a Means to Help Older Adults with Depression, Dementia, and Anxiety</strong></td>
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<td>Brent Forester, MD</td>
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<tr>
<td>11:00–11:45</td>
<td><strong>The Relaxation Response: Recommending Meditation to Your Older Patients</strong></td>
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<td>Herbert Benson, MD</td>
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<td>11:45–1:00</td>
<td>Lunch break (on your own)</td>
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<tr>
<td>1:00–2:00</td>
<td><strong>Successful vs. “Normal” Aging: 2016 Benchmarks</strong></td>
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<td>George Vaillant, MD</td>
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<td>2:00–3:00</td>
<td><strong>Are You Guilty of Ageism in Your Practice? Self-Assessment—Implications to Patients—What the Data Tells Us about Exceptional Longevity</strong></td>
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<td>Thomas Perls, MD, MPH</td>
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<td>3:00–3:15</td>
<td>Invigoration Break and Networking</td>
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<td>3:15–4:15</td>
<td><strong>Challenges of Your Aging Patients: What They Don’t Teach in Medical School</strong></td>
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<td>Joseph Coughlin, PhD</td>
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<td>4:15–5:00</td>
<td><strong>What About You? Charting Your Course Towards Healthy Aging</strong></td>
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<td>Elizabeth P. Frates, MD</td>
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<td>7:00–8:00</td>
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<td><strong>The Four Pillars of Lifestyle Medicine: Knowledge, Skills, Tools, and Self-Care</strong></td>
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<td>8:15–9:00</td>
<td><strong>Most Commonly Cited Goals (and Challenges) for Incorporating Lifestyle Medicine into Practice in 2016</strong></td>
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<td>Edward M. Phillips, MD</td>
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<td>9:00–10:00</td>
<td><strong>Lifestyle Medicine: An Essential Clinical Competency in 2016</strong></td>
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<td>David L. Katz, MD, MPH</td>
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<td>10:00–10:30</td>
<td>Social Media Minute (optional) and Refreshment/Networking Break</td>
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<td>Cary Wing, EdD, FACSM</td>
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<td>10:30–11:15</td>
<td><strong>Self-Care: What It Is and Why It Matters</strong></td>
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<td>Gail Gazelle, MD</td>
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<td>11:15–12:15</td>
<td><strong>Lifestyle Medicine for Older Adults</strong></td>
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<td>Laura Barger, PhD</td>
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<td>12:15–1:30</td>
<td>Lunch break (on your own)</td>
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<td>1:30–2:15</td>
<td><strong>Successful vs. “Normal” Aging: 2016 Benchmarks</strong></td>
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Program changes/substitutions may be made without notice. To view the most up-to-date version of the course program, please visit the course website.

Register at [LifestyleMedicine.HMSCME.com](http://LifestyleMedicine.HMSCME.com)
Saturday, May 21

7:00–8:00  Registration/Coffee
8:00–8:45  The Exercise Prescription: Getting Your Patients and You Moving  
          Edward M. Phillips, MD
8:45–9:00  Lifting Weights to Lose Weight: The Surprising Benefits of Resistance Training  
          Edward M. Phillips, MD
9:00–10:00 Stress: The Epigenetics of Mind Body Medicine  
            Darshan Mehta, MD
10:00–10:30 Invigoration and Networking Break
10:30–11:15 Teaching Kitchens as Catalysts of Personal and Societal Change  
            David Eisenberg, MD
11:15–11:30 Practical Take-Home Messages for Nutrition and Lifestyle Enhancement  
            David Eisenberg, MD
11:30–12:15 Finding the Right Interventions: Roadmaps for Treating Your Patients with Obesity  
            W. Scott Butsch, MD
12:15–1:30 Lunch break (on your own)
12:45–1:30 Optional Brown Bag Lunch-and-Learn Forum: Update from the Lifestyle Medicine Education Collaborative: A Call to Clinician-Educators to Join the Movement  
            Edward M. Phillips, MD
1:30–2:30 Yoga: The Modern Science behind an Ancient Practice  
            Sat Bir S. Khalsa, PhD
2:30–3:45 Ask the Experts: Pose Your Questions and Challenges to Experienced Lifestyle Medicine Practitioners: Physician, PT, OT, Nurse, Behaviorist  
            Elizabeth P. Frates, MD
3:45–4:00 Tool: Invigoration Break (optional)
4:00–5:00 10 Lessons from Health Coaching that Will Transform Your Practice  
            Karen Lawson, MD
5:00–5:15 Tool: A Novel Approach to Engaging Patients in Their Change Process  
            Elizabeth P. Frates, MD

Reasons to Attend in 2016

You will improve your skills for:

• Addressing patient challenges with sleep, stress resiliency, and weight loss
• Patient communication and motivational interviewing
• Building an effective lifestyle medicine team
• Exercise prescription and in-office risk assessment
• Nutrition counseling
• Incorporating or expanding your use of lifestyle medicine in your current practice
• Engaging resistant patients

You will have the opportunity to:

• Hear directly from national leaders at the forefront of lifestyle medicine and healthcare reform
• See how your counterparts have changed their personal and professional practices
• Network with like-minded health professionals seeking to promote lifestyle medicine as their practice pattern

Take-Home Tool

Tuition for this course includes free registration to the online Harvard Medical School CME course:

► Lifestyle Medicine for Weight Management

This bonus online course, a $100 value, provides an additional 4 AMA PRA Category 1 Credits™.

Disclosure Policy
Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS’s policy that those who have influenced the content of a CME activity (e.g., planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

Register at LifestyleMedicine.HMSCME.com
The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 22.50 AMA PRA Category 1 Credits™.

The Harvard Medical School designates this enduring material for a maximum of 4 AMA PRA Category 1 Credits™.

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Explanation of Credit Award:** Participants can earn up to 26.50 AMA PRA Category 1 Credits™, consisting of 22.50 AMA PRA Category 1 Credits™ for participating in the live activity *Lifestyle Medicine: Tools for Promoting Healthy Change*, and 4.00 AMA PRA Category 1 Credits™ for participating in the optional enduring activity *Lifestyle Medicine for Weight Management*.

Participation in *Lifestyle Medicine: Tools for Promoting Healthy Change* will count toward the CME requirements to qualify for American Board of Obesity Medicine certification (60 hours total, at least 30 hours live).

**INTERNATIONAL ACCREDITATIONS**

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credit™* to an equivalent number of European CME Credits® (ECMECs®). Information on the process of converting *AMA PRA Category 1 Credits™* to ECMECs® can be found at: www.eaccme.eu.

**ACGME Competencies**

This course is designed to meet the following Accreditation Council of Graduate Medical Education competencies: patient care and procedural skills, medical knowledge, and interpersonal and communication skills.
**Registration, Payment, Confirmation, and Refund Policy**

Registrations for Harvard Medical School CME programs are made via our secure online registration system. To register for this course, please visit the course website.

At the end of the registration process, a $5 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check or credit card (Visa, MasterCard, or American Express). If you are paying by check, the online registration system will provide you with instructions and a printable form for remitting your course fees by check. Postal, telephone, fax, and cash-payment registrations are not accepted.

Upon receipt of your paid registration, an email confirmation from the HMS DCE office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Refunds, less an administrative fee of $75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by postal mail, email, or fax. No refund will be issued should cancellation occur less than two weeks prior. “No shows” are subject to the full course fee and no refunds will be issued once the conference has started.

**VENUE**
Fairmont Copley Plaza Hotel  
138 St. James Avenue  
Boston, MA 02116  
Tel. 617-267-5300

**ACCOMMODATIONS**
A limited number of rooms have been reserved at the Fairmont Copley Plaza Hotel until April 24, 2016. When calling the hotel reservation line at 1-800-441-1414, be sure to specify that you are enrolled in this activity to receive a reduced room rate. Hotel arrangements can also be made online by April 24 by visiting the course website at LifestyleMedicine.HMSCME.com, and clicking on the course-specific reservation link on the Venue page.

Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration.

**INQUIRIES**
Call 617-384-8600 Monday – Friday, 9am – 5pm EST. Send email to CEPrograms@hms.harvard.edu

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**Lifestyle Medicine**  
Tools for Promoting Healthy Change  
Course #734233-1602

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<thead>
<tr>
<th>Course</th>
<th>Tuition*</th>
<th>Register on or before April 10, 2016</th>
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| Lifestyle Medicine: Tools for Promoting Healthy Change  
May 20 – 21 | $645 | $595  
(Save $50) |
| Lifestyle Medicine for Older Adults  
May 19 | $345 | $295  
(Save $50) |
| Lifestyle Medicine: Tools for Promoting Healthy Change  
and  
Lifestyle Medicine for Older Adults  
May 19 – 21 | $895 | $795  
(Save $100) |

* Tuition includes free registration to the online Harvard Medical School CME course, Lifestyle Medicine for Weight Management. This bonus online course, a $100 value, provides an additional 4 AMA PRA Category 1 Credits™.